

Athletics

YOUTH

Girls' Fall
Youth Softball
Ages 8 to 15

Our Fall Softball League is ideal for new players and those who want to continue to work on their softball skills. Girls are placed on teams according to their age. Practices begin in August and games are scheduled in September and October. Registration is ongoing.



CR \$40.00; NR \$55.00
Peaks View Softball Field 1 — Contact: Joanna Nisbet

Activity #	Day	Date	Time
31011.301	M-Sa	8/11-10/27	6:00-10:00 pm

Punt, Pass & Kick Challenge **Ages 8 to 15**
This football skills challenge is only open to City residents between the ages of 8-15 (birth certificates are required; age as of 12/31/07). Boys and girls compete separately as they try out their punting, passing, and kicking skills. Points are awarded in each skill based on distance and accuracy. The overall high scorer in each age division will advance to the sectional competition. Register by 9/19.

Free
Location To Be Announced — Contact: Joanna Nisbet

Activity #	Day	Date	Time
31040.301	Sa	9/29	12 noon

Youth Basketball **Ages 9 to 18**
If you enjoy the game of basketball, register to play in our youth recreational league. Open to boys and girls ages 9-18 (age as of 12/31/07). Practices begin in December and games are scheduled to begin in January. Birth certificates are required at registration.

Registration at the Miller Center:

11/1, 5:00-7:00 pm	11/3, 12 noon-3:00 pm
11/6, noon-6:00 pm	11/8, 5:00-7:00 pm

CR \$40.00; NR \$55.00
Locations To Be Announced — Contact: Joanna Nisbet

Activity #	Day	Date	Time
31030.301	M-Sa	1/12-3/22	5:00-9:00 pm

Youth Basketball Instructional League **Ages 7 & 8**
This league gives younger children ages 7 & 8 (age as of 12/31/07) the opportunity to learn about the sport of basketball and give them a chance to play in a FUN and instructional environment. Fundamental skills are taught and practiced on lowered baskets. Birth certificates are required at registration.

Registration at the Miller Center:

11/1, 5:00-7:00 pm	11/3, 12 noon-3:00 pm
11/6, noon-6:00 pm	11/8, 5:00-7:00 pm

CR \$20.00; NR \$30.00
City Armory — Contact: Joanna Nisbet

Activity #	Day	Date	Time
31033.101	Sa	1/19-2/9	9:00-11:00 am

Open Gym

9/9 - 11/11

FREE supervised open gym time
for youth and adults.
Sign-in required each day.



Youth Open Gym

Supervised activity for youth ages 16 and younger.

Age	Day	Time	Location
6-14	M-TH	5:30-7:00 pm	Dunbar Middle School
15-18	M-TH	7:00-8:30 pm	Dunbar Middle School

Adult Open Gym

Day	Time	Location
M-TH	6-8 pm	City Armory Gym on Church Street
SA & SU	2-5 pm	Sandusky Middle School

YOUTH ATHLETIC ORGANIZATIONS

The following non-profit organizations work in partnership with Lynchburg Parks and Recreation to provide athletic programs for Lynchburg area youth.
For more information, please contact each organization directly.

- ▶ **Blue Ridge Lacrosse Club**
<http://www.blueridgelax.org>
- ▶ **Central Virginia Volleyball Recreation League**
www.cvvb.org
- ▶ **Hill City Youth Football & Cheerleading**
www.hillcityyouth.com
- ▶ **Lynchburg Little League Baseball**
www.lynchburglittleleague.com
- ▶ **Lynchburg Tennis Patrons Association**
<http://www.lynchburgtennis.org>
- ▶ **Lynchburg United Soccer (LUS)**
www.lynchburgunited.com



Parents/Guardians
Code of Ethics

- I hereby pledge* to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.
- I will* encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will* place the emotional and physical well being of my child ahead of a personal desire to win.
- I will* insist that my child play in a safe and healthy environment.
- I will* support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will* demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will* remember that the game is for youth, not for adults.
- I will* do my very best to make youth sports fun for my child.
- I will* ask my child to treat other players, coaches, fans and officials with respect, regardless of race, sex, creed, or ability.
- I promise* to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.

change your mood... change your mind... change your energy...

ADULTS

Adult Kickball Ages 16 & Up

Act like a kid again while getting the great exercise you need! Teams include ten players and will play double headers each night.



Registration:

8/20-8/23, 4:30-6:30 pm at the Miller Center

Team \$100.00; NR \$5.00 per player

Peaks View Softball Field 7 — Contact: Ron Martin

Activity #	Day	Date	Time
30010.301	Tu Th	9/4-9/27	6:30-8:30 pm

Adult Basketball Ages 16 & Up

Teams play 10-game schedules Sunday through Thursdays.

Registration Dates:

8/20-8/23, 5:00-7:00 pm at the Miller Center

Team \$425.00; NR \$5.00 per player

Linkhorne Middle Gym — Contact: Ron Martin

Activity #	Day	Date	Time
30006.301	Su-Th	9/9-11/22	6:30-9:30 pm

Basketball Coaches Clinic Ages 18 & Up

Whether you are an experienced or new children's coach, this clinic helps you discover and develop new drills and ways to challenge your team. Learn strategies for player rotation, organizing practices and developing plays. Register by 11/9.

CR \$10.00

City Armory — Contact: Joanna Nisbet

Activity #	Day	Date	Time
31032.301	Tu	11/21	7:30-10:00 pm

Adult Volleyball Ages 18 & Up

Teams play a 12-match (5 games per match) schedule with one match per week starting at 7:00 or 8:30 pm. The top four teams will play a single elimination tournament— best two out of three games — to determine a City Champion.

Organizational Meeting at the Miller Center
10/15, 6:00 pm

Registration at the Miller Center:

10/22-10/25 & 10/29-11/1 from 4:30-6:30 pm

Team \$285.00; NR \$5.00 per player

Linkhorne Middle School

Contact: Ron Martin

Activity #	Day	Date	Time
30003.301	M-F	12/3-4/4	7:00-11:00 pm

Good Health Basics

- ♥ Eat regular, well balanced meals
- ♥ Exercise
- ♥ Sleep well



50-PLUS

*We don't stop playing because we grow old;
we grow old because we stop playing.*

50-Plus Bowling

Weekly recreational bowling without the stress of league attendance and play. All skill levels welcomed.

\$1.34 per game, payable onsite

Fort Hill Bowling Center — Contact: Marilyn Bryant

Day	Date	Time
Tu	Weekly	1:00 pm

Putt Putt

Share in this fun-filled outdoor activity of miniature golf. Please arrive by 8:45 am to sign in and have a few minutes of practice.

\$3.00 for two games

Putt Putt Miniature Golf, 8105 Timberlake Road

Contact: Lynn Fox

Day	Date	Time
M	9/3-9/24	9:00 am



Horseshoes

Bring your own horseshoes or use ours. Co-ed for experienced or beginning players. Make new friends and develop your skills. Register by first game.

CR & NR \$5.00

Miller Park — Contact: Tamara Reynolds

Activity #	Day	Date	Time
73709.311	Th	9/6-9/27	10:30 am-12 noon
73709.323	Th	10/4-10/25	10:30 am-12 noon

Horseshoe Double Elimination Tournament

Challenge yourself and others at this fun tournament! The top three winners receive awards. Food vendor will be onsite. Bring your own chair. Pre-register by 10/2.

CR & NR \$10.00 by 10/2

Day of Tournament \$15.00

Miller Park — Contact: Tamara Reynolds

Activity #	Day	Date	Time
73709.324	Sa	10/6	11:00 am-5:00 pm



50-Plus Softball

All players participate regardless of skill level. Play is relaxed and friendly and focused on exercise and fellowship. For more competitive play, consider the City's Adult Softball leagues. Register by first game.

CR & NR \$5.00

Peaks View Softball Field 6 — Contact: Lynn Fox

Activity #	Day	Date	Time
73702.313	W	9/5-9/26	9:00-11:00 am
73702.323	W	10/3-10/31	10:00 am-12 noon
73702.333	W	11/7-11/28	10:00 am-12 noon

Golf Outings

Are you interested in traveling to new and different courses? Join this group of recreational golfers. Transportation is available. Register by the Friday before.

CR & NR \$5.00 plus course cost

Departs Miller Center

Contact: Lynn Fox



Poplar Hills, Farmville

Activity #	Day	Date	Time
73707.310	M	9/10	8:00 am-3:00 pm

Hat Creek, Brookneal

Activity #	Day	Date	Time
73707.320	M	10/8	8:00 am-3:00 pm

Falling River, Appomattox

Activity #	Day	Date	Time
73707.330	M	11/12	8:30 am-3:00 pm

50-Plus Volleyball

Fitness, fun and friendly competition are the focus of this weekly play. Teams of various skill levels are formed for co-ed play. Enjoy the fellowship and athletic competition. Register by first game.

CR & NR \$5.00

Heritage United Methodist Church

Contact: Marsha Berry

Activity #	Day	Date	Time
73703.310	Th	9/6-9/27	3:30-5:30 pm
73703.320	Th	10/4-10/25	3:30-5:30 pm
73703.333	Th	11/1-11/29	3:30-5:30 pm
73703.340	Th	12/6-12/27	3:30-5:30 pm
73703.350	Th	1/3-1/31	3:30-5:30 pm